

## Overcoming Fear Part 1b – The Enemy of Faith

**Overview:** Faith is believing that God will do what He promised. Fear is believing that the devil will do what he promised.

### A. What Fear Is

1. Fear is trust in the devil's word.
  - a. Hebrews 11:1 (AMPC) states that faith is the title deed to God's promise.  
"Now faith is the assurance (the confirmation, the title deed) of the things [we] hope for, being the proof of things [we] do not see and the conviction of their reality [faith perceiving as real fact what is not revealed to the senses]."
  - b. Do you think fear is the title deed to the devil's promise of what he can do?
2. Fear is believing evil reports. Num 13:32, 14:3, 22, Joshua 2:9-11
3. **F.E.A.R.** can be an acronym for **F**alse **E**vidence **A**ppearing **R**eal.
4. Fear is the voice of a demon (i.e. a temptation). James 1:13-15, 2 Cor 10:4-5

### B. How Fear Works

1. Fear attacks your faith. Joshua 1:6-9
  - a. Fear and faith are like 2 sides of the same coin.
  - b. Fear not, only believe. Mark 5:36, Luke 8:50
2. Fear tries to introduce doubt and unbelief. Mark 5:40, Luke 8:53, Mark 11:20-24  
James 1:5-8 (AMPC), Mark 9:23-24
3. Fear brings the devil on the scene.
  - a. That which Job greatly feared came upon him. Job 3:25
4. Fear focuses on the problem, not the solution. Col 3:2, Luke 12:22-25, 32 (AMPC)

### C. What Fear Does

1. Fear can affect your voice & body (e.g. loss of voice, hair standing up, cold sweats, paralysis.)
2. Fear can affect your mind & emotions (e.g. can't think, confusion, panic, depression, dysfunction.)
3. Fear can affect your heart.
  - a. Physically – heart skips, heart attack. Luke 21:26, Psalm 73:26
  - b. Spiritually – build strongholds, grips the heart, can seem like a knife through the heart. Deut 20:8 (AMPC), Gen 42:25-28
4. Fear tries to control your tongue & life. James 3:8 (AMPC), Prov 18:21
5. Fear tries to put you in bondage. Rom 8:15
  - a. All of us were in bondage due to fear of death. Heb 2:14, 15

### D. Overcoming Fear

1. Confess sins, including fear. 1 John 1:9
2. Affirm scriptures on fear. Rom 8:15, 2 Tim 1:7,10
3. Repent, Renounce, Break (RRB).
4. Cast out fear. Mark 16:17
5. Trust God & His Word; speak it out. 2 Tim 1:12, Rom 4:21,17
6. Fast, pray & affirm.
7. Guard your heart – 5 senses. Prov 4:23
8. Walk in love – perfect love cast out fear. 1 John 4:18
9. Be anxious for nothing. Phil 4:6
10. Cast your cares upon Him. 1 Peter 5:7 (AMPC)